

# Sports Nutrition Travel Checklist for Athletes

Regardless of the length of time you need to travel for competition, you need to eat and drink well so you arrive ready to perform at your best. You have the same nutrition needs during travel as you do when training or competing. Try out some of these ideas.

## Pack a Healthy Nutrition Kit

### Whole Grain Products

- Sliced bread
- Buns
- Pita shells
- Tortillas
- Bagels
- Crackers
- Cold cereal (requires a thermos of milk)
- Popcorn (little or no added salt and fat)
- Granola bars (high fibre options)
- Instant plain oatmeal (requires a thermos of hot water or hot milk)

### Foods Higher in Protein

- Natural nut or seed butters
- Flavoured canned tuna
- Salmon canned in water
- Tuna canned in water
- Boiled eggs
- Hummus\*
- Lower fat cheeses\*
- Sliced ham\*
- Sliced roast beef\*
- Sliced chicken or turkey breast\*
- Greek yogurt\*

### Vegetables and Fruit

- Fresh fruit
- Fresh vegetables (celery, carrots, snap peas, grape tomatoes)
- Fruit, canned in its own juice
- Unsweetened fruit sauces
- Mixes of dried fruit, roasted nuts or seeds

### Supplies

- Personal water bottle
- Thermos
- Napkins
- Travel plates and bowls
- Travel cutlery
- Cooler (with ice)
- Small garbage bags
- Moistened wipes
- Snap-lock plastic bags
- Snap-lock food containers
- Hand sanitizer

### Beverages

- Water
- 1% or skim milk\*
- Unsweetened fortified soy beverage\*
- Herbal teas

### Condiments

- Mustard\*
- Light mayonnaise\*
- Relish\*
- Ketchup\*

\* These foods must be kept cold in a cooler



## Check Out Your Food Options Before You Leave

- Ask the hotel if you will have a fridge in your room to store healthier food options.
- Find out if you will have access to a local grocery store where you can buy healthier foods.
- Look into the types of meals that are available at local restaurants (many will have menus posted online).
- Map out the best restaurants so you know where to stop for a healthy meal if you plan to eat on the way to a competition.
- If you have specific food preferences or allergies, make sure you can meet your needs at the travel destination. You may need to pack certain food items.

## Keep Your Habits Healthy

- Be social and eat with other people. You can support one another to make healthy eating choices.
- Drink plenty of water when you travel by plane because the air system increases fluid losses.
- During long periods of travel, schedule regular times to stop for meals so you do not go too long without food.
- If you travel to a different time zone, shift your meal times to match the new local time as quickly as possible.
- If you travel to a warmer climate, drink enough fluids to replace higher sweat losses.
- Stick to your regular sleep pattern while traveling and once you reach your destination.
- Schedule breaks while travelling to stand up and move around or to get out of the vehicle and move around.
- Bring along other ways to reduce boredom so you do not eat when you are not hungry (such as games, music, reading materials, or schoolwork).